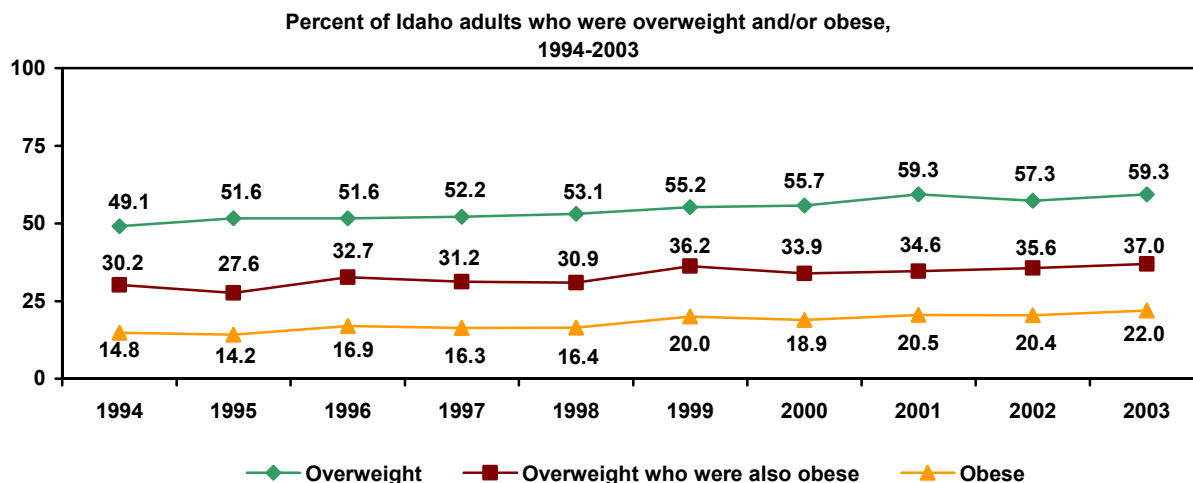


Overweight and Obesity in Idaho, 2003

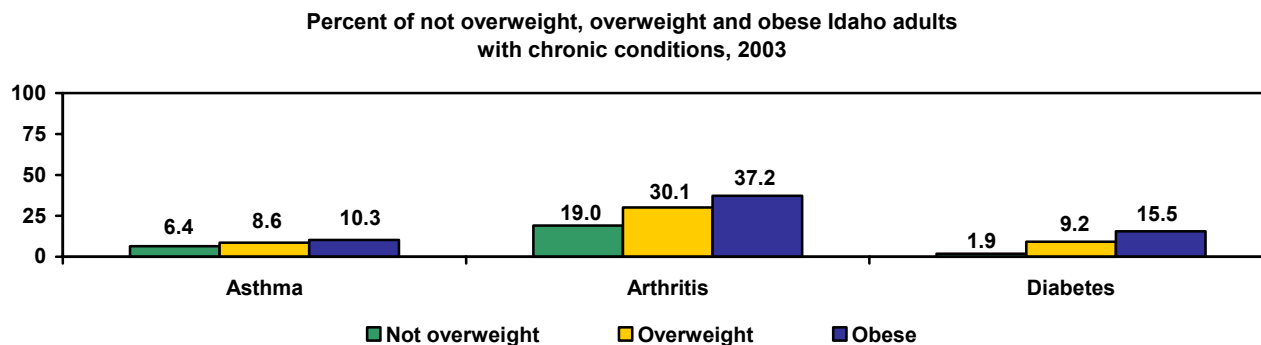
Overweight and Obesity Trends

- The percentage of overweight (BMI ≥ 25)* adults in Idaho increased to 59.3 percent in 2003, following a slight decline in the prior year.
- Obesity rates have climbed steadily in the past decade, reaching their highest level in 2003 with more than one in five (22.0 percent) Idaho adults classified as obese (BMI ≥ 30)*.
- Among those who were overweight in 2003, 37.0 percent were also obese. This was an increase of 3.9 percent over 2002.



Health Status and Weight Classification

- Overweight and obese adults in Idaho reported worse general health status compared with adults who were not overweight.
 - ⇒ 'Fair' or 'poor' general health was reported by 15.2 percent of overweight and 21.7 percent of obese adults. This compares with 11.4 percent of adults who were not overweight reporting 'fair' or 'poor' general health.
- The overweight and obese were more likely to have chronic conditions like asthma, arthritis and diabetes than adults who were not overweight.
 - ⇒ Obese adults were nearly twice as likely to have ever had arthritis (37.2 percent compared with 19.0 percent of those who were not overweight) and were more than eight times as likely to have diabetes as those who were not overweight (15.5 percent compared with 1.9 percent who were not overweight).



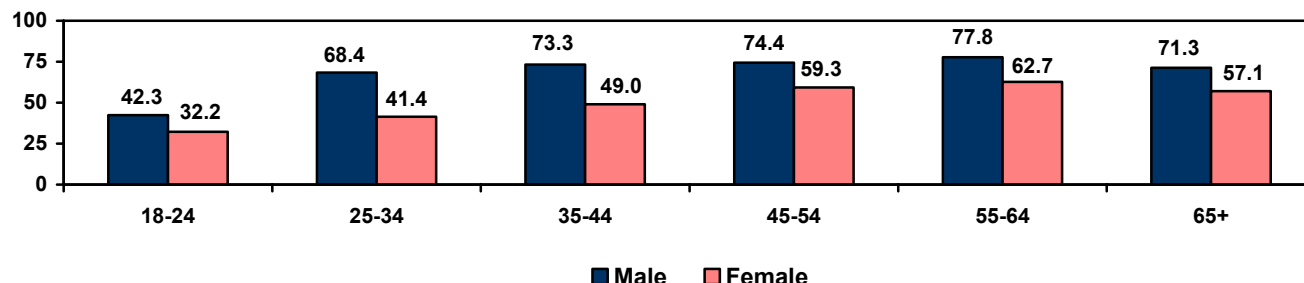
- A minority of overweight (15.1 percent) and obese (29.6 percent) adults reported they had received advice from their doctors about their weight in the prior year.

Overweight and Obesity in Idaho, 2003

Age, Sex and Weight Classification

- In every age category, males were significantly more likely than females to be overweight.
- Prevalence of overweight increased with age until the age 65 and over category.

Percent of Idaho adults who were overweight
by age and sex, 2003



- There were no significant differences in obesity rates between males and females in any age category.

Percent of Idaho adults who were obese
by age and sex, 2003



- The greatest increases in both overweight and obesity since 2002 came from males in the youngest (18-24) and oldest (65+) age categories.
 - ⇒ In 2003, 42.3 percent of males aged 18 to 24 were overweight, an increase of 19.2 percent over 2002 (35.5 percent).
 - ⇒ Among males 65 and over, 71.3 percent were overweight in 2003 compared with 65.3 percent in 2002, an increase of 9.2 percent.
 - ⇒ Obesity among males in 2003 increased 36.4 percent among 18 to 24 year olds (from 10.7 percent in 2002 to 14.6 percent) and 36.5 percent among those over 65 (from 15.6 percent to 21.3 percent).

*Body Mass Index

Body Mass Index (BMI) is an index based on height and weight used to categorize an adult as not overweight or obese (BMI < 25), overweight (BMI ≥ 25), or obese (BMI ≥ 30). BMI is calculated using the following formula:

$$\frac{\text{Weight in kilograms}}{(\text{Height in meters})^2}$$

Note: Results may differ from previous publications due to revisions in overweight and obesity risk factor calculation.